

February, 2015

# Wellness Events this Month!



Did you know that Heart Disease and Stroke kill **1 in 3 women?** Yet it's 80% **preventable?**\*

\*<https://www.goredforwomen.org/>

**February 6<sup>th</sup> is National Wear Red Day! Show your support by wearing red!**

**JOIN US AT 2PM ON FRIDAY IN THE STUDENT CENTER FOR A GROUP PHOTO**

**G**



### **Get Your Numbers**

Ask your Doctor to check your blood pressure and cholesterol.

**O**



### **Own Your Lifestyle**

Stop smoking, lose weight, exercise, and eat healthy. It's up to YOU. No one can do it for you.

**R**



### **Realize Your Risk**

We think it won't happen to us, but heart disease kills one in three women.

**E**



### **Educate Your Family**

Make healthy food choices for you and your family. Teach your kids the importance of staying active.

**D**



### **Don't Be Silent**

Tell every woman you know that heart disease is their No. 1 killer.

*Sometimes the most important step is your first.*

Take the first step towards a healthier life by taking an online **personalized health assessment**. It takes just fifteen minutes to complete and you will immediately see your "wellness score" and confidential results that can help you better understand your health opportunities. (Click [HERE](#) to get started).

*Turn in proof of completing the Health Assessment to HR and you'll be entered into a drawing to **win a Wellness prize!***

## **50% Off Rec Center Memberships!**

Rates are now 1/2 off through February 15, 2015.

### **Semester Rates**

Faculty and Staff: \$38 | Alumni: \$50  
Seniors: \$25 | Community: \$63

**50% OFF**

Contact the Recreation Center at 713-313-6885 to sign up.



**FITNESS IS NOT JUST EXERCISE,  
ITS A LIFE STYLE**

## Faculty and Staff Meal Plan



Get your meals at a rate \$6.00 or less per meal when you choose a meal plan.

**20 Meals: \$115 + Tax**  
**10 Meals: \$60 + Tax**



Order your meal plan in the Tiger's Lair or the Student Center Cafeteria. Pay with Cash or Credit.

*Meal plan usage is only good in Tiger's Lair and Student Center Cafeteria.*

## BENEFITS THAT MATTER



Did you know that by participating in certain Wellness activities **you can gain a bonus 8 hours of leave time?**

Review our Wellness Benefits [HERE](#) for more information!

## THE SPOTLIGHT



### Wellness Champion of the Month!

*Melanie Jackson, Supervisor (Accounts Payable)*

*My motivation is to become an all-around better person. Anything I can do to uplift myself; the better wife, mother, sister, friend, colleague, I can become. I had to adopt a "no-excuses" motto to meet my weight loss goals and to just get moving. Besides, I could no longer blame my dynamic – duo (mother of twins) for the extra jelly in my tummy (lol); they are eight years old now! Join me and the rest of the Wellness Champions and "Get Moving!"*



TEXAS SOUTHERN UNIVERSITY  
Growing A Wellness Culture